

**From:** Lyn [redacted]  
**To:** Karyna Shuliak <[redacted]>  
**Subject:** Re: Muffin ingredients  
**Date:** Tue, 23 Jun 2015 12:32:22 +0000

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Oh sorry maybe i got blind 😊 anyway its okey the most important is the flour,bran and sugar all dark .Hope all is well.pls update me .Thanks

Sent from my iPhone

> On Jun 23, 2015, at 12:18 AM, Karyna Shuliak <[redacted]> wrote:  
>  
> Hi Lyn,  
> Thanks for sending all the muffin ingredients to LSJ!  
> I have one question: you sent regular and golden flaxseed meal, do we need golden as well?  
> I attached a picture below..  
>  
> <IMG\_1868.JPG>  
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